



TRICARE®

Your Military Health Plan

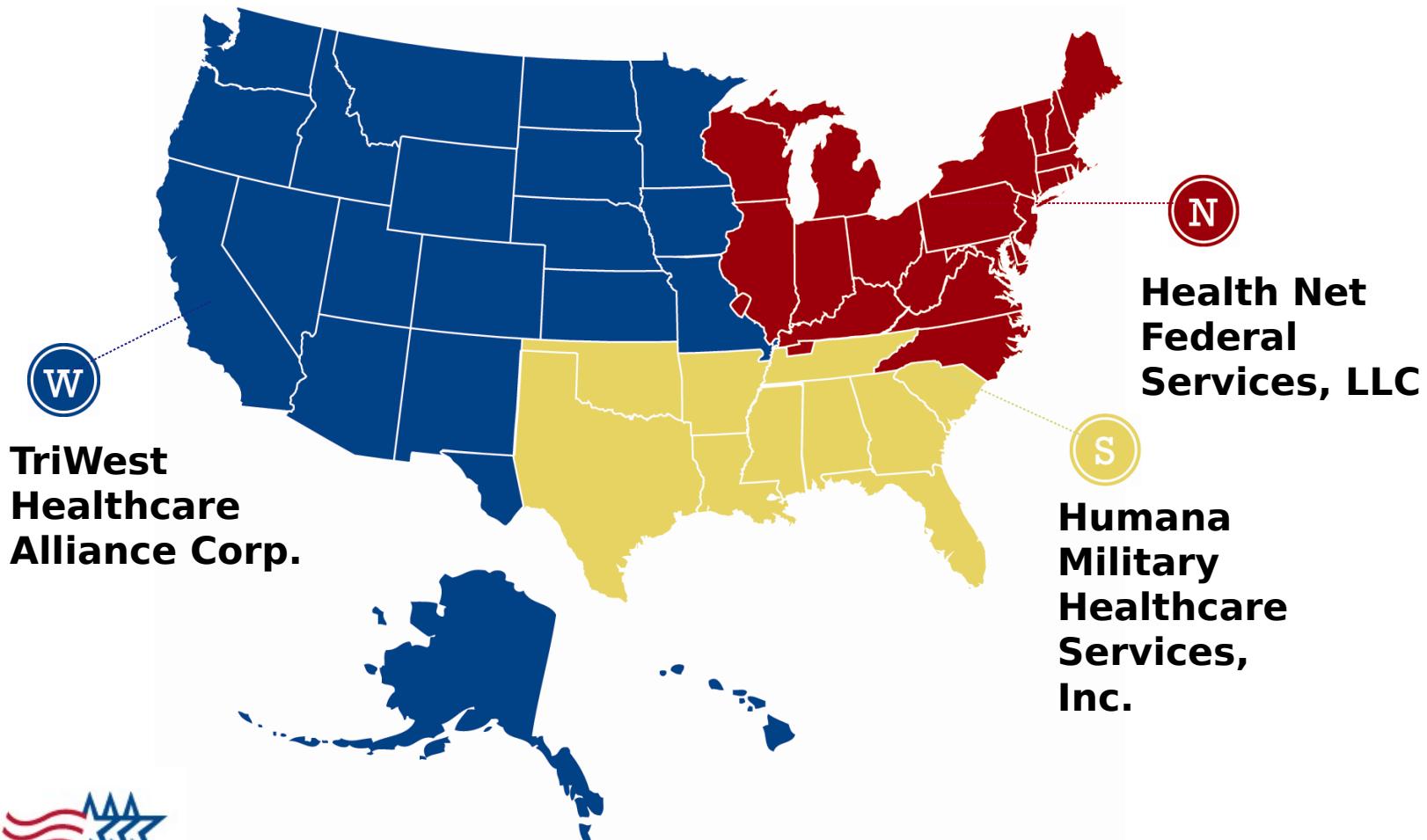
VP-4
Marine Corps Base Hawaii

Lynn Cuthrell
TriWest Healthcare Alliance



What Is **TRICARE** Stateside Regions (50 United States & Washington, DC)

TRICARE is available worldwide and managed regionally



Updating DEERS

- Keep your contact information up to date:
 - Online: <http://milconnect.dmdc.mil>
 - Phone: 1-800-538-9552
 - Fax: 1-831-655-8317
 - Visit a uniformed services ID card-issuing facility:
www.dmdc.osd.mil/rsl
- More information: www.tricare.mil/deers
- Remember to register/update DEERS whenever there is a change in the family (e.g., *marriage, birth, adoption, divorce, death*) or when you move.



Program Options

TRICARE Prime	TRICARE Standard and TRICARE Extra
Available in Prime Service Areas	Available anywhere
Enrollment required	Automatically covered
Receive most care from a primary care manager (PCM)	Freedom to choose your provider <ul style="list-style-type: none"> • Network = lower costs • Non-network = higher costs
PCM referrals necessary for urgent and specialty care to avoid additional charges	Referrals not necessary; prior authorization may be required
No cost shares or deductibles	Catastrophic cap is \$1,000 per fiscal year Deductible and cost shares apply



Newborn and Well-Child Care

DEERS Registration and New Child Coverage

- Register your child in DEERS as soon as possible:
 - Obtain a birth certificate or record of adoption.
 - Apply for your child's Social Security number.
 - Sponsor must submit an *Application for Uniformed Services Identification Card DEERS Enrollment (DD Form 1172)*.
- If eligible, enroll your child in TRICARE Prime within 60 days:
 - TRICARE Prime coverage is automatic for 60 days if another family member is enrolled.
 - TRICARE Standard and TRICARE Extra coverage is automatic from days 61 to 365.
- Children of TRICARE Standard and TRICARE Extra beneficiaries are automatically covered under TRICARE Standard and TRICARE Extra once they are registered in DEERS.



Other Important Information

TRICARE Pharmacy Program

Pharmacy Option	Formulary Drugs		Non-Formulary Drugs
	Generic	Brand Name	
MTF Pharmacy <i>(up to a 90-day supply)</i>	\$0	\$0	Not Applicable
TRICARE Pharmacy Home Delivery <i>(up to a 90-day supply)</i>	\$0	\$9	\$25
Retail Network Pharmacy <i>(up to a 30-day supply)</i>	\$5	\$12	\$25
Non-Network Retail Pharmacy <i>(up to a 30-day supply)</i>	TRICARE Prime options: 50% copayment applies after point-of-service (POS) deductible is met All other beneficiaries: \$12 or 20% of the total cost, whichever is greater, after the annual deductible is met		TRICARE Prime options: 50% copayment applies after POS deductible is met All other beneficiaries: \$25 or 20% of the total cost, whichever is greater, after the annual deductible is met

Express Scripts, Inc. Web site: www.express-scripts.com/TRICARE
 Phone number: 1-877-363-1303



TRICARE Dental Program (TDP)

- A voluntary, premium-based DoD dental program. The benefit is administered by MetLife®
- Available to eligible:
 - Active duty family members and legal dependents
 - Selected Reserve and Individual Ready Reserve members and their families
 - Transitional survivors
 - Surviving family members
- Provided in both stateside and overseas service areas



TRICARE Dental Program Enrolling in TDP

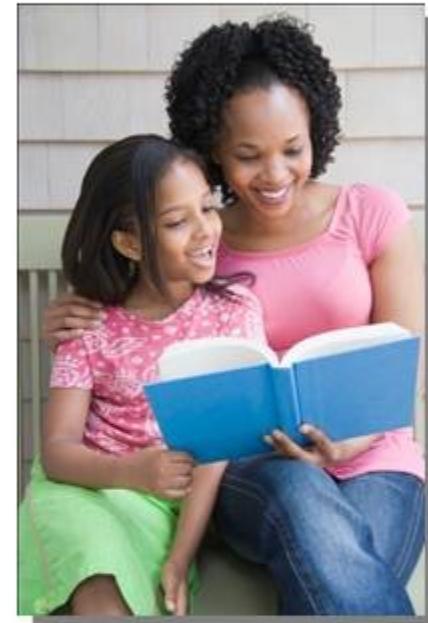
TRICARE Dental Program Enrolling in TDP

Three ways to enroll:

- **Online:** Visit www.tricare.mil/bwe to access the Beneficiary Web Enrollment (BWE) portal.
- **Phone:** Stateside: 1-855-MET-TDP1 (1-855-638-8371)
Overseas: 1-855-MET-TDP2 (1-855-638-8372)
TDD/TTY: 1-855-MET-TDP3 (1-855-638-8373)
- **Mail:** Send the *TDP Enrollment Authorization* form and initial premium payment to:

TRICARE Dental Program
Enrollment and Billing Services
P.O. Box 14185
Lexington, KY 40512

- To get an enrollment form, visit the BWE portal.



Mobile Support Delivered.

- Text QuickAlerts
- Mobile Website (m.TriWest.com)
 - View Referral/Authorization
 - View Claims
 - View/Pay Fee/Premium Due
- Mobile App
 - iPhone®/iPad®
 - Android™



The image shows two screenshots side-by-side. The left screenshot is from the mobile website and displays a navigation menu with 'Urgent Care' and 'Emergency vs Urgent Care' options. It includes a 'Did you Know?' section about emergency room costs and a 'Urgent Care' section with a list of symptoms. The right screenshot is from the mobile app and shows a similar navigation menu with icons for 'Urgent Care', 'Emergency vs Urgent Care', 'Emergency Room', and 'Urgent Care'. It also includes a 'Did you Know?' section and a 'Urgent Care' section with a list of symptoms.



For Information and Assistance

Stateside Regional Contractor ~~TRICARE North Region~~

Health Net Federal Services
1-877-TRICARE (1-877-874-2273)
www.hnfs.com

TRICARE South Region

Humana Military Healthcare Services
1-800-444-5445
www.humana-military.com

TRICARE West Region

TriWest Healthcare Alliance
1-888-TRIWEST (1-888-874-9378)
www.triwest.com

General Contact Information

TRICARE Website: www.tricare.mil
Contacts: www.tricare.mil/contacts
MMSO: www.tricare.mil/tma/mmso

Overseas Regional Contractor

International SOS Assistance, Inc.
Eurasia-Africa:
+44-20-8762-8384

Latin America & Canada:
+1-215-942-8393

Pacific:
Singapore: +65-6339-2676
Sydney: +61-2-9273-2710
www.tricare-overseas.com

Connect with TRICARE Online!



www.tricare.mil/mediacenter



TRICARE Service Centers

- Walk-In
- Open Monday through Friday
- 0730hrs to 1600hrs
- Kaneohe, Pearl Harbor, Tripler, Hickam and Schofield





A decorative collage in the top left corner features a gold-framed portrait of the Statue of Liberty, a red beret with a silver rank insignia, a gold tassel, a small American flag patch, a white dove with wings spread, and a blue and white eagle emblem.

Thank You

